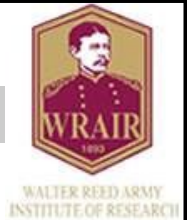


# Deployment Cycle Resilience Training



Deployment Cycle Resilience Training (DCRT) is a series of operational resilience training modules designed to prepare Soldiers, leaders, and Family members for the unique challenges and demands of Army life at each stage of the deployment cycle. Training is mandatory for any Soldier deploying for more than 90 days and is voluntary for Spouses, but must be offered.

The DCRT modules were developed by the Walter Reed Army Institute of Research (WRAIR), Research Transition Office (RTO), and were based on the Battlemind series of modules. DCRT focuses on building and sustaining personal readiness through resilience skills and behaviors that can be learned and practiced. The DCRT modules aim to enhance mission effectiveness, Soldier and Family well-being, and unit cohesion. They also strive to enable successful reintegration back into garrison and Family life and encourage post deployment growth.

There are 5 deployment resilience modules currently available. For Soldiers: Pre-Deployment, Post-Deployment (Reintegration), and Post-Deployment (3-6 Months). For Spouses: Pre-Deployment and Post-Deployment. A sixth module for leaders to be given pre-deployment is under development now and will be available in early 2016.

DCRT is taught by DCRT-qualified Master Resilience Trainers (MRTs). If you are an MRT and need to be trained in DCRT before you provide this material to Soldiers and/or Spouses, contact your local CSF2 Training Center. If you do not have a local CSF2 Training Center, contact WRAIR RTO at: [usarmy.detrack.medcom-wrair.mbx.resilience-research@mail.mil](mailto:usarmy.detrack.medcom-wrair.mbx.resilience-research@mail.mil).

